



30th National Veterans Wheelchair Games

Games with Heart a Mile High

Denver, Colorado July 4–9, 2010

2010 Events & Rules

Presented by the Department of Veterans Affairs

And the Paralyzed Veterans of America



**Hosted by VA Eastern Colorado Health Care System and
Mountain States Chapter Paralyzed Veterans of America**

Events & Rules

This booklet briefly describes each sport, the equipment policies, and medal distribution procedures offered at the 30th NVWG. If you would like more information about any sport, contact the organization or individual listed after each entry.

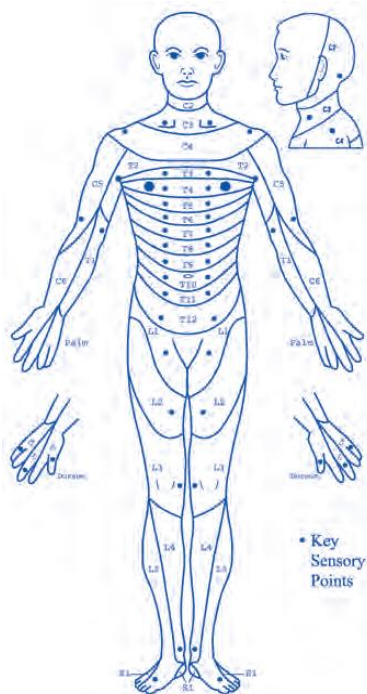


TABLE OF CONTENTS

Medal Events	Page
Air Guns*	1, 2
Archery	3
Basketball*	4
Bowling*	5
Field.	6
Handcycling*	7
Motor Rally*	8
Nine Ball*	9
Power Soccer*	10
Quad Rugby*	11
Slalom*	12
Softball*	13
Swimming	14
Table Tennis	15
Track*	16
Trapshooting*	17
Weightlifting*	18, 19
Exhibition Event	
Kayaking	20

**Indicates a change/modification in rules or distribution of medals.*

Classification Charts





AIR GUNS*

Air guns competition will consist of SH1 (competitors who do not use a rifle support stand), SH2 (competitors who need to use a rifle support stand), and SH3 (visual impairment). Each category will be divided by gender, as well as novice, open, and master within each class. To determine your classification, use the guidelines for ISCD/ISSF Classifications. *If you have competed in a sectional, regional, or international air rifle shooting event, please submit a copy of your classification card with your registration form.*

Prone Match: This is R3/R5 Prone Match, consisting of 3 relays, 2 targets each relay, 10 10-point bull's on each targets each relay, 10 10-point bull's on each target, totaling 60 rounds (total 600 points) in 1 hour and 30 minutes. In air rifle prone events, competitors may not lie down, but must use a table (and may use a shooting chair if wanted).

ISCD 8.4.7 in prone shooting: Both elbows (not upper arms) must rest on the table or board. The forearm in this position must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm. The chest and/or abdomen may rest on the table or board.

ISCD 8.4.8 in prone and kneeling positions: The arms of the shooting chair are part of the shooting table.

Note: *If registering for air guns for the **first time**, you must establish a shooting time with the air guns registration booth at the Expo or during Early Classification and Air Guns Registration July 3 at the Colorado Convention Center, 11 a.m. to 4 p.m.*

EQUIPMENT

Your equipment must meet the requirements of the ISCD.

1. The air gun must be a .177 caliber.
2. No air gun producing muzzle velocities above 750 fps will be allowed, nor will any multipump gun that increases the velocity with each pump (sport-style rifles).
3. Flathead pellets only.

All competitors must bring their **own** wheelchair. A shooter may use his or her own shooting table (according to ISCD/ISSF standards), but banquet-style tables will be provided.

Note: Equipment will be provided for novice shooters only. A limited number of air guns will be provided on a first-come, first-served basis. You must present a credit card or driver's license to procure equipment.

MEDALS: Awarded by category, division, and gender.

FOR COMPLETE RULES, CONTACT:

ISSF SHOOTING RULES

www.issf-shooting.org

ISCD Shooting Rules and Functional Guidelines

www.paralympic.org

NRA Disabled Shooting Services

11250 Waples Mill Rd.

Fairfax, VA 22030

(703) 267-1495



ARCHERY

Limited to 90 competitors.

Archery will follow the established guidelines for “novice” as printed in the current official WSUSA rule book.

Competition will be conducted in both Recurve Bow and Compound Bow rounds. Competitive rounds consist of:

Recurve Bow—Male and female 6 ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: quadriplegic with recurve bow; paraplegic with recurve bow.

Compound Bow—A compound bow with a peak draw of 60 pounds or less may be used. Male and female ends at 50 meters, 122 cm (48 inch) face; and 6 ends at 30 meters, 122 cm face. Two categories: quadriplegic with compound bow; paraplegic with compound bow.

EQUIPMENT

All equipment must conform to USA Archery rules. All competitors must bring their own wheelchair with footplates.

Note: Participants must select either compound bow or recurve bow for all rounds—**not both. Equipment will be provided for novice archers only.** A limited number of recurve bows and arrows will be provided on a first-come, first-served basis. There will be no compound bows provided. You must present a credit card or driver’s license to procure equipment.

MEDALS

Awarded by category, division, and gender.

FOR COMPLETE RULES, CONTACT:

Disabled Archery USA
P.O. Box 698
Langley, WA 98260
(360) 321-5979



BASKETBALL*

Limited to 96 competitors.

Rules are determined by the National Wheelchair Basketball Association (NWBA) and are essentially the same as the National Collegiate Athletic Association. Exceptions: the 35-second shot clock will not be used. NWBA rules concerning points and play will be followed. There is no double dribble; a player is entitled to two pushes before he or she must pass, shoot, or dribble again, or a traveling violation is committed.

The wheelchair is considered part of the player's body in ruling physical fouls. All players must remain firmly seated in the wheelchair at all times, not using a functional leg or stump for a physical advantage over an opponent (e.g., raising out of the chair, using the heel of the floor to maneuver the chair). Any infraction constitutes a physical advantage foul (PAF), which is penalized like a non-contact technical foul.

Three levels of player classification are used to achieve team balance: Class I, Class II, Class III. No more than 12 points are allowed on the court at one time and no more than three Class III players are allowed to play together at any time. Women players on a men's team may roster one class level below their actual medical classification level. Basketball uses the draw system to assign players in each classification to teams. Classes I, II, III will be drawn to form eight teams. The tournament will be a modified double elimination with a third- and fourth-place playoff and a first- and second-place playoff. All players on each team must be played for 10 minutes per game. Team size will be limited to 12 players (8 teams). Team assignments are final.

EQUIPMENT

Balls will be provided. All competitors must bring their own wheelchair. Wheelchair footrests must have a roll bar or be padded to protect the floor. Rear push handles and push bars must be padded. All chairs must have a leg strap. The height of the seat rail must be no more than 21". Measurement must be made from the ground or court to the top of the seat rail bar (highest point) with the player in the chair. **All chairs will be measured prior to each game.**

MEDALS

First-, second-, and third-place teams will be awarded medals.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Basketball Association
6165 Lehman Drive, Suite 101
Colorado Springs, CO 80918
(719) 266-4082



BOWLING*

American Wheelchair Bowling Association rules will be followed. Winners will be determined by counting the total pins attained in three complete games. Averages and handicaps will not be taken into account. Handle and stick bowling will be allowed for Classes 1A, 1B, and 1C. Ramp bowling will be allowed for bowlers who have been classified as ramp bowlers by the NVWG classifiers. (Ramp bowlers will be divided into two categories: hand control and head/mouth control.)

EQUIPMENT

Balls will be provided. (If you would like a lightweight ball with large holes, you will need to bring your own). All competitors must bring their **own** wheelchair, including foot rests, brakes, and foot straps.

Note: For novice bowlers only—a limited number of ramps, handleballs, and push sticks will be provided on a first-come, first-served basis.

MEDALS

Handleball: Class 1A, 1B, 1C; division; gender

Stick: Class 1A, 1B, 1C; division; gender

Ramp: Head/Mouth, Hand control; division; gender

Manual: Class, division, and gender

FOR COMPLETE RULES, CONTACT:

American Wheelchair Bowling Association

c/o Dave Roberts

P.O. Box 69

Clover, VA 24534-0069

(434) 454-2269

bowlawba@aol.com

www.awba.org



FIELD

For classes IB–V, field events include the javelin, shot put, and discus. Class IA throws the discus and the club. These events are performed from a stationary, stabilized position. The sequence of events and the number of throws will be announced in the coaches' meeting on the day of registration.

EQUIPMENT

All equipment will be provided. No personal throwing implements will be permitted. Competitors may use their personal regulation throwing chairs, if desired.

The official women's international javelin is used. The javelin is a minimum length of 220 centimeters (7'5/8") and weighs 600 g (1 lb, 5 1/4 oz).

The discus weighs one kilogram (2 lb, 3 1/4 oz).

Class IB men and women use the two kilo shot (4 lb, 6 oz). Class IC men and IC–V women use the three kilo shot (6 lb, 10 oz), and class II–V men use the four kilo shot (8 lb, 13 oz).

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd., Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org



HANDCYCLING*

The handcycling road race is a timed event run on an asymmetrical course. It is designed to measure both speed and endurance. The race will measure approximately 10K. The distance for 1A competitors only is 5K. This event will have a 75-minute time limit. Competitors will compete by division and gender in the following categories: IA, IB–IC, II–II, IV–V.

Following the medal races, a 10k open race will be held. 10k competitors with top-10 times overall will be invited to participate in the race. A NVWG yellow jersey will be awarded to the veteran with the best time.

EQUIPMENT

No equipment is provided; each competitor must bring his or her own handcycle and helmet. Helmets are mandatory. You will not be allowed to compete without one.

MEDALS

Medals will be awarded by category and gender.

(5K) IA: Masters, Open, Novice, Gender

(10K) IB–IC, II–III, IV–V: Masters, Open, Novice, Gender

FOR COMPLETE RULES, CONTACT:

United States Handcycling Federation

P.O. Box 3538

Evergreen, CO 80437

(303) 459-4159

www.ushandcycling.org/2008/



MOTOR RALLY*

The motorized wheelchair rally is designed for people using motorized wheelchairs or scooters. This is not a timed event. At the starting point, the participant will receive a map, a set of instructions, an answer/score sheet, and a volunteer escort. No personal escorts allowed. The instructions and map will guide participants throughout the course.

The course will contain a total of 10 checkpoints. During the course of the rally, 10 questions will be asked. Some of these questions will be trivia and others will be observation questions.

Questions must be answered and recorded at the checkpoint. There will be an adequate time limit.

One playing card will be selected at five of the checkpoints. Participants must complete all checkpoints.

Each participant will receive 1 point for each correct answer and a maximum of 10 points for the poker hand, i.e., royal flush = 10 points, straight flush = 9 points, etc. There will be no wild cards. Ties will be broken by a tiebreaker question and/or best poker hand.

This is not a timed event.

EQUIPMENT

No equipment is provided; all competitors must bring their **own** motorized wheelchair or scooter.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Tom Brown
National Director, NVWG
(210) 616-8204
tom.brown@va.gov



NINE BALL*

Competition will be best two out of three games. All games will have a 10-minute maximum time limit.

Nine ball is played with numbered balls one through nine and a cue ball. On each shot, the cue ball must first contact the lowest numbered ball on the table, neither shots nor pockets need to be called. The player who makes the nine ball on a legal shot wins the game.

Determining the break: The first break is determined by a coin toss. The breaker must contact the one ball when breaking and either pocket a ball or drive at least four balls to the rail, without pocketing the cue ball in order to achieve a legal break. If the terms of a legal break are not met or the cue ball is pocketed, the incoming player has the cue ball in hand anywhere on the table. If the breaker completes a legal break and makes a ball, he or she will shoot again at the lowest numbered ball on the table and continue to shoot until missing, fouling, or winning the game.

Fouls: All fouls carry the ball-in-hand penalty anywhere on the table. Fouls are to be called by the opposing player before another shot is taken. All of the following are fouls (for a complete list refer to the NWPAA website):

- cue ball goes in the pocket or off the table
- any object ball jumped off the table
- primary contact with a ball other than the lowest numbered ball on the table
- during a shot, if the object ball is not pocketed and no ball is driven to the rail after contact
- push shots, double hits on cue ball, and split hits

EQUIPMENT

Pool cue sticks will be provided or participants may use their own. Players may use their own adaptive equipment. All players must remain in their chair while shooting and feet may not touch the floor.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Poolplayers Association
9757 Mt. Lompoc Ct.
Las Vegas, NV 89178
(702) 437-6792
www.nwpainc.org



POWER SOCCER*

Power soccer is the first competitive team sport designed and developed specifically for power wheelchair users. It combines the skill of the athlete with the speed and power of the chair, to create an extremely challenging game similar to soccer and futsal. The game is played on a regulation size basketball court with two teams of four players who attack, defend, and maneuver an oversized soccer ball in an attempt to score goals. The tournament consists of two rounds of play. The first round is open group play where each team plays every other team to determine which teams will advance to the medal round and the placement of teams. The second round is single elimination play to determine the overall winner.

EQUIPMENT

All competitors must bring their **own** motorized wheelchair. No scooters allowed—only motorized four-wheeled chairs accepted. Wheelchair guards and game balls will be provided. If a guard is borrowed, the motorized wheelchair must have two foot posts to which to attach the guard.

There is a maximum allowable speed of 6.2 mph (10 km/hr) during play. All powerchairs will be tested over a 50 ft. course where they go faster than 5.5 seconds. It is the athlete's responsibility to ensure compliance with this aspect of the rule.

MEDALS

First-, second-, and third-place teams will be awarded medals.

FOR COMPLETE RULES, CONTACT:

P.O. Box 1765

Duluth, GA 30096

www.powersoccerusa.net



QUAD RUGBY*

Limited to 40 competitors.

Quad rugby is a unique, competitive sport for quadriplegics. It is played on a basketball-size court by four-member teams using a quad rugby ball. The objective is to carry the ball across the opponent's goal line.

At the NVWG, teams are determined by a "draw" system. Players are classified according to the USQRA classification system as 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, or 3.5. Each class has a point value, and teams are balanced by limiting the number of points allowed on the court. Teams will be limited to 10 players (4 teams).

EQUIPMENT

All competitors must bring their **own** wheelchair, strapping and gloves.

MEDALS

Awarded to first-, second-, and third place teams.

FOR COMPLETE RULES, CONTACT:

U.S. Quad Rugby Association
5593 Cedar Oak Blvd.
Sarasota, FL 34233
(941) 924-1804
www.quadrugby.com



SLALOM*

Slalom competition is a test of agility, strength, skill, and speed. The course should run no longer than 100 meters.

The event is held on a gymnasium floor or other smooth surface and is defined by cones around which the athlete must maneuver the chair both forward and backward. In addition, obstacles of different sizes are added and may include ramps, platforms, slopes, hurdles, textured surfaces, low-head clearance, and bridges. Missing any of the gates results in disqualification, and each cone struck adds one second to the actual time. Each instance of assistance from an official (catch or help over an obstacle) adds 5 seconds to the actual time.

MOTORIZED SLALOM

Motorized slalom will follow the same rules as above. Athletes will be divided into three categories: hand, head (chin), and mouth controls.

EQUIPMENT

All competitors must bring their own wheelchair and helmet. Helmets are mandatory.

MEDALS

Awarded by class, division, and gender.

Medals for motorized slalom are awarded by category: hand control, head (chin) control, mouth control, division, and gender.

FOR COMPLETE RULES, CONTACT:

Tom Brown

National Director, NVWG

(210) 616-8204

tom.brown@va.gov



SOFTBALL*

Limited to 120 competitors.

Softball is played on a hard surface. Teams are made up by a draw system to choose players in each classification to form teams. Team size will be limited to 15 players (8 teams). Batters come to bat with a one-ball, one-strike count. Height of pitches: 6 ft–10 ft. Run ahead rules: 12 after 4 innings; 10 after 5 innings.

EQUIPMENT

All competitors must bring their **own** wheelchair. No motorized wheelchairs or scooters will be allowed. Other equipment will be provided.

MEDALS

Awarded to first-, second-, and third place teams.

FOR COMPLETE RULES, CONTACT:

National Wheelchair Softball Association
6000 West Floyd Ave. #110
Denver, CO 80227
www.wheelchairsoftball.org



SWIMMING

The strokes used in competition are breaststroke, backstroke, freestyle, and butterfly. Classes IA, IB, and IC swim 25 yards (or meters depending on the pool); Classes II and III swim 50 yards; and Classes IV, V, and VI swim 100 yards. The individual medley for Class IA consists of 25 yards each of the back, breast, and freestyle strokes. The individual medley for Classes IB, IC, II, and III consists of 25 yards each of the butterfly, back, breast, and freestyle, in that order. Classes IV, V, and VI swim 50 yards each of the butterfly, back, breast, and freestyle, in that order.

All swimming events start in the water. No body suits are allowed.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd. Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org



TABLE TENNIS

Table tennis is open to all competitors, including ambulatory. Class IA, IB, and IC are permitted to secure the paddle to their hand by tape or a brace. All competition is governed by The United States Table Tennis Association rules, with modifications as necessary to accommodate wheelchair movement. A single-elimination system is used. Competition will be best three out of five. An 11-point scoring system will be used. No white shirts are allowed.

EQUIPMENT

Balls and a **limited** number of paddles will be provided.

MEDALS

Awarded by class, division, and gender.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd. Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org



TRACK*

Track events are governed by the rules of USA Track and Field. Events are run as finals on a hard-surface track with a minimum of six lanes. The hub of the front caster(s) constitute the starting and finishing points. The individual may modify the chair while staying within the rules for wheelchairs. Racing chairs are mandatory for races of 800 and 1500 meters. A 20-minute time limit will be imposed on the 3000-meter race.

The distance for the power chair relay is 800 meters. There will be three competitors on each team. First and second legs will be run in assigned lanes; the last leg will be 400 meters run on an open track. There will be two divisions:

Division I (Head/Chin/Mouth controls)

Division II (Hand controls)

EQUIPMENT

No equipment is provided; all competitors must bring their **own** wheelchair and helmet. No scooters allowed—only four-wheeled chairs accepted. **Helmets are mandatory; no one will be allowed to compete without one.**

MEDALS

Track: Awarded by class, division, and gender.

Power Chair 200: awarded by class, division, and gender.

Power Chair Relay: awarded to first-, second-, and third-place finishers in two divisions.

Division I (Head/Chin/Mouth controls)

Division II (Hand controls)

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA

1236 Jungermann Rd., Suite A

St. Peters, MO 63376

(636) 614-6784

www.wsusa.org



TRAPSHOOTING*

Limited to 50 competitors.

SAFETY AND INSTRUCTIONAL CLINIC

All competitors will be required to demonstrate knowledge of firearm safety and proficiency before being allowed to participate. Novice participants will be provided personal instruction and assistance before and during the event. Any infraction of firearm safety will be cause for ending the veteran's participation in the event. All participants will be required to sign a liability release. Decisions by shoot officials are final.

RULES

Basic Amateur Trapshooting Association rules will apply. All participants will shoot 50 rounds of 12 gauge ammunition from the 16-yard line. Competitors breaking at least 25 of the first 50 targets will continue with 50 more targets to determine final standings. Winning ties will be given duplicate awards.

EQUIPMENT

Shotguns, ammunition, pouches, and earplugs will be provided. Participants will be allowed to shoot their personal firearm; however, they will not be allowed to use their personal ammunition. Quadriplegics bringing personal shotguns with modifications required because of their level of injury will be allowed to compete in a separate division.

MEDALS

Awarded by category and gender.

FOR COMPLETE RULES, CONTACT:

Andy MacDonald
PVA National Office
801 18th St., NW
Washington, DC 20006
(202) 416-7620
andym@pva.org



WEIGHTLIFTING*

The bench press is the only form of weight lifting performed. Competitors start with the bar held one inch from the chest and are required to drive the weights up in one continuous motion to a fully extended position.

The Class “Quadriplegic” will consist of athletes classified as Class IA, IB, and IC. Athletes in this class will compete by class, division, and gender.

The Class I Division “High Para” will consist of athletes classified as Class II and III.

The Class II Division “Low Para/Amputee” will consist of athletes classified as Class IV and V. Athletes in the Class I and II Divisions will compete by class, division, bodyweight (categories), and gender.

Weight category will be determined at weigh-in July 16, 2–4 p.m. at the Convention Center. Weightlifters must weigh in during the designated weigh-in time to be eligible to lift.

Lifting apparel shall consist of pants and a non-elastic shirt with sleeves. Shoes must be worn unless a medical condition is present. No elastic wrist straps or elastic lifting belts may be used. All medical conditions affecting an athlete’s ability to lift or assume the lifting position must be brought to the attention of the head official during weigh-in.

Quad Weightlifting Exceptions:

Quadriplegic weightlifters do not need to weigh in.

Gloves, straps, tape, etc., are permitted to help keep hands on the bar during lift.

Competitor is allowed to drop down in weight if attempt is unsuccessful.

Quad Order of Competition:

IA, IB, IC, Masters, Open, Novice

EQUIPMENT

Quadriplegic weightlifters compete using a universal system instead of free weights and compete by class.

MEDALS

Awarded by weight categories: Males I–X, Females I–X, division and class (II–V). Medals for quadriplegic competitors will be awarded by division, class, and gender.

FOR COMPLETE RULES, CONTACT:

Wheelchair Sports, USA
1236 Jungermann Rd. Suite A
St. Peters, MO 63376
(636) 614-6784
www.wsusa.org

OFFICIAL WEIGHTS BY CATEGORIES ARE:

Male Category	Weight
I	Up to 88 lbs
II	88 $\frac{1}{4}$ to 97 lbs
III	97 $\frac{1}{4}$ to 105 $\frac{3}{4}$ lbs
IV	106 to 114 $\frac{1}{2}$ lbs
V	114 $\frac{3}{4}$ to 123 $\frac{1}{4}$ lbs
VI	123 $\frac{1}{2}$ to 132 $\frac{1}{4}$ lbs
VII	132 $\frac{1}{2}$ to 148 $\frac{3}{4}$ lbs
VIII	149 to 165 $\frac{1}{4}$ lbs
IX	165 $\frac{1}{2}$ to 181 $\frac{3}{4}$ lbs
X	Over 182 lbs
I	Up to 105 $\frac{1}{2}$ lbs
II	105 $\frac{3}{4}$ to 114 $\frac{1}{2}$ lbs
III	114 $\frac{3}{4}$ to 123 $\frac{1}{4}$ lbs
IV	123 $\frac{1}{2}$ to 132 lbs
V	132 $\frac{1}{4}$ to 148 $\frac{1}{2}$ lbs
VI	148 $\frac{3}{4}$ to 165 lbs
VII	165 $\frac{1}{4}$ to 181 $\frac{1}{2}$ lbs
VIII	181 $\frac{3}{4}$ to 198 lbs
IX	198 $\frac{1}{4}$ to 220 lbs
X	Over 220 lbs

Female Category	Weight
I	Up to 88 lbs
II	88 $\frac{1}{4}$ to 97 lbs
III	97 $\frac{1}{4}$ to 105 $\frac{3}{4}$ lbs
IV	106 to 114 $\frac{1}{2}$ lbs
V	114 $\frac{3}{4}$ to 123 $\frac{1}{4}$ lbs
VI	123 $\frac{1}{2}$ to 132 $\frac{1}{4}$ lbs
VII	132 $\frac{1}{2}$ to 148 $\frac{3}{4}$ lbs
VIII	to 165 $\frac{1}{4}$ lbs
IX	165 $\frac{1}{2}$ to 181 $\frac{3}{4}$ lbs
X	182 lbs



EXHIBITION EVENT: KAYAKING

Kayaking will be the exhibition event. Athletes can experience kayaking in either a tandem kayak or an adaptive kayak, depending on their skill level. This event will be held at Fishback Park July 6. Athletes in Class IA–II, will have a weight restriction of 220 lbs. Class III–V will have a maximum weight restriction of 260 lbs. Any level of injury may participate, but no one with a tracheostomy or an open wound. Anyone wanting to participate in the kayaking event will need to have a skin check by classifiers during classification.

This is not a medal event; however, veterans may participate in races, to be held at the end of the morning and afternoon sessions.



www.wheelchairgames.org